



# Quick Creamy Prawn Rigatoni with Courgette and Parsley

**Rapid** 20 Minutes • 1 of your 5 a day

N° 15



Rigatoni Pasta



Courgette



Flat Leaf Parsley



Lemon



Garlic Clove



Creme Fraiche



Vegetable Stock Paste



King Prawns



King Prawns



## CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.




## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Saucepan, Colander, Zester, Garlic Press, Frying Pan, Measuring Jug, Bowl.

## Ingredients

	2P	3P	4P
Rigatoni Pasta <b>13</b>	180g	270g	360g
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Garlic Clove	1	2	2
Crème Fraîche <b>7</b> **	150g	225g	300g
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
King Prawns <b>5</b> **	150g	250g	300g
 King Prawns <b>5</b> **	300g	500g	600g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>393g</b>	<b>100g</b>
Energy (kJ/kcal)	2521/602	641/153
Fat (g)	24	6
Sat. Fat (g)	11	3
Carbohydrate (g)	77	20
Sugars (g)	11	3
Protein (g)	28	7
Salt (g)	2.04	0.52
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>468g</b>	<b>100g</b>
Energy (kJ/kcal)	2715/649	580/139
Fat (g)	24	5
Sat. Fat (g)	11	2
Carbohydrate (g)	77	16
Sugars (g)	12	2
Protein (g)	39	8
Salt (g)	3.02	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

5) Crustaceans 7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!


Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## Cook the Pasta

**a)** Boil your kettle and pour the **water** into a large saucepan on high heat.

**b)** Add ½ tsp of **salt**.

**c)** When boiling, stir in the **rigatoni** and cook for 12 mins.

**d)** Drain in a colander, pop back into the pan, drizzle with a little **oil** and stir through to stop it sticking together. Leave to the side.



## Cook the Sauce

**a)** Once the **courgettes** are browned, reduce the heat and add the **crème fraîche**, **water** (see ingredients for amount) and **vegetable stock paste** to the pan.

**b)** Season with **salt** and **pepper**.

**c)** Stir together, bring to a simmer and cook until the **sauce** has thickened slightly, 3-4 mins.



## Prep

**a)** Meanwhile, trim the **courgette**, halve lengthways and slice into 1cm half moons.

**b)** Roughly chop the **parsley** (stalks and all).

**c)** Zest and halve the **lemon**.

**d)** Peel and grate the **garlic** (or use a garlic press).



## Finish Up

**a)** Stir the **prawns** into the **sauce** and continue to simmer until the **prawns** are cooked through, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

**b)** Add a splash of **water** if the **sauce** is a bit thick.

**c)** Meanwhile, mix together the **lemon zest** and remaining **parsley** in a small bowl.



## CUSTOM RECIPE

**a)** If you've decided to add extra **prawns** to your meal, cook the recipe in the same way.



## Fry the Courgette

**a)** Heat a large frying pan on high heat (no oil) and add the **courgette**.

**b)** Cook, until starting to brown, 3-4 mins on each side.

**c)** Add the **garlic** and cook, stirring, for 1 min.



## Serve

**a)** Toss the drained **pasta** into the **sauce**.

**b)** Add a squeeze of **lemon juice** to taste.

**c)** Season with **salt** and **pepper** to taste, then serve in bowls topped with the **lemon zest** and **parsley mix**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:**

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.